

Are you up for the screen free challenge?

We challenge you to complete **at least one** of the following activities on 'Take Care Tuesday' - 9th February 2021 ● No laptop ● No phone ● No PC ● No Xbox ● No PS ●

Can you do it? Get household members to take a picture of you on their phones completing a challenge?

Send in it to the academy so we can share on twitter what you have been up to. Egoodwin.pingle @deferrerstrust.com

TO START: Wake up at a good time ready for the day ahead



1pm: Switch off! Log out and put all screens away



Bake! Put your bake off skills to the test by trying a new recipe and testing it on your family. If it's successful, recommend the recipe to Mrs Webster so we can make a file of them.



Go for a **WALK**. Push yourself, **STRIDE** out and blast those cobwebs away!



Make yourself a healthy snack and enjoy having time to eat it.



Play a **board game** with your siblings or parent/carer.



Go for a run



Do some colouring – adult colouring book, paint by numbers, doodle

Dance around your kitchen like nobody's watching



Meditate

Play a card game. Teach someone how to play a card game or get them to teach you



WHO DO YOU THINK YOU ARE?

Draw up a family tree. How many generations of grandparents can you go back to? Observe their names? Where did they live? What were their jobs?



Keepy Uppy! How long can you go for? Already the King or Queen of Keepy Uppy? Try using a tennis ball instead or throw in some hip moves to wow your friends post lockdown!



READ -a book, a newspaper, childhood favourite story, magazine... indulge in reading something that will whisk you away into another world....



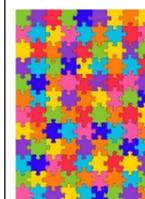
Contact a friend or relative you haven't seen for a while. Speak to them, **DON'T** text!



Talk to your parents/carers about what it was like being a teenager in the **1980s** or **1990s**? What music did they listen to? Where did they hang out? What was their first job? Their first car?

De clutter your bedroom and redesign your living space. Sit back and **RELAX!**

Jigsaw puzzles Will you complete? 500? 1000? It's the new **lockdown** go to and surprisingly relaxing!



Hand write a **DIARY ENTRY** of how lockdown is making you feel and what you are up to. Pop it in an envelope, seal it and place it somewhere to read in a year's time.



Do you have a **musical instrument** gathering dust? Not played it in a while? Provide your family with an impromptu concert (after some practice of course...!)

Pamper your pet! Groom, walk, play ball. You and your pet will benefit!



Dig out some **old photos**.... Not on your phone, but actual printed photos... you're all of the age where they existed once! Enjoy looking back and reminiscing.

WRITE a card or letter to someone who has helped you since this lockdown started and post it to them.



NATURE WALK in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.

Get in touch with nature: Take a

GET CREATIVE! Draw, model or make something.



Learn a new skill which **DOESN'T** require a YouTube video for instruction

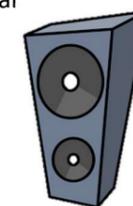


Practise some **YOGA**

Make life easier for someone else in your home. Offer to do some household jobs, make the lunch or perhaps just offer a cuppa!



Listen to your favourite **music** – on a speaker.... ditch the ear pods!



Ride your bike



FINISH: Wow! Epic effort! How do you feel? Write up, draw or email a picture. We'll be selecting our favourites and putting them into a prize draw for 2 prizes of £25 Love to Shop vouchers

Egoodwin.pingle @deferrerstrust.com